



A Senior Select Guide for Understanding Services offered in Senior Living Communities

Independent Living

Best for: Seniors who are active, social, and mostly self-sufficient but want convenience and connection.

- Private apartments or cottages
- Housekeeping, meals, and activities
- Utilities, Cable TV, and WIFI
- Optional transportation
- Emergency notification systems
- Promotes independence while removing household burdens

Assisted Living

Best for: Seniors who need help with daily tasks such as bathing, dressing, medication, meals, but still want and active, social life.

- 24-hour staff availability
- Assistance with personal care and medication
- Housekeeping, meals, and activities
- Utilities, Cable TV, and WIFI
- Optional transportation
- Emergency call systems.
- Levels of Care (personal services) offered.
- Promotes independence with supportive help where needed.

Levels of care are an additional cost separate from the room price. These are calculated according to the time a caregiver spends with the resident.





Memory Care

Best for: Seniors who are living with Alzheimer's, dementia, or cognitive decline.

- Private studio apartments
- Secure environments to prevent wandering
- Specialized staff trained in dementia support
- Structured daily routines and memory-enhancing activities
- Levels of Care are generally included in the price
- Provides safety, familiarity, and emotional connection through specialized care.

Skilled Nursing Home

Best for: Seniors with complex medical conditions needing ongoing medical care.

- 24-hour licensed nursing staff
- Rehabilitation and therapy services
- Physician oversight
- Complex medication management and wound care
- Provide medical and rehabilitative support in a licensed health care setting.
- Medicare qualified if its a pre authorized stay.

How Senior Select Can Help: With over 35 years of experience helping families navigate senior care, we are here to guide you to a certified community for your loved on at no cost to you.

